

COLORFUL COLESLAW

By Kimberli Washington, Public Information Office



Ingredients:

- 2 cups of thinly sliced red cabbage
- 2 cups of thinly sliced green cabbage
- ½ cup chopped red onion
- ½ cup shredded carrots
- ½ cup chopped bell peppers (color of choice)
- ½ cup fat free mayo
- ½ cup low fat cheddar cheese (shredded or bite-size cubes)
- 1 tablespoon red wine vinegar

Directions:

- In a large bowl, combine all vegetables (cabbage, onions, carrots and bell peppers).
- In a smaller bowl, mix vinegar and mayo together to make the dressing. Pour the dressing over the vegetables and toss together until evenly coated.
- Add cheese, cover and chill in refrigerator until ready to serve.
- Enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.